



Healthy Lifestyles Task Force (HLTF) Updates  
CHAC July 20, 2023 Meeting  
Lily Hilferty (lily.hilferty@maryland.gov)  
7/20/23

The Healthy Lifestyles Task Force meets quarterly to identify programs and services that help residents take charge of their health, eat right and be more active while working to further Community Health Improvement Plan (CHIP) initiatives.

### Community Health Improvement Plan (CHIP) Activities

- Increasing access to health services (with a focus on diabetes)
- Increasing referrals, enrollment and retention in diabetes prevention and management programs.
- Developing a transportation resource directory (see attached list).

### Healthy Lifestyles Assistance Program (HLAP) continues into Fiscal Year 2024

- **Eligibility has been opened to anyone 18 years or older first come first serve who expresses a need for the following:**
- **Transportation** to wellness related locations including support groups, medical and mental health care, nutritional services, fitness classes and gyms, diabetes prevention and management classes, grocery stores, farmers' markets, and food banks. Call: 410-996-5168 or fill out this [ride request form](#).
- **Cost Assistance** for trial membership and/or personal training at the 55+ Healthy Lifestyles Fitness Center or the YMCA of Cecil County. Call 410-996-5168 for availability.

### Upcoming Events:

- **55+ Healthy Lifestyles Expo** Thursday, Aug. 10, from 8:30 a.m. – 2 p.m. at the Elkton High School at 110 James Street in Elkton
- **Diabetes Prevention Program Workshops starting**
  - September 6, 2023 @ 10:00am in Rising Sun MD
  - October 4, 2023 @ 5:30pm in Cecilton, MD
  - October 4, 2023 @ 5:30pm via video call.
- **Diabetes Self-Management Workshop** starts July 25, 2023 Tuesdays @ 5:00pm
- **Hypertension Workshop** (one 2.5 hour session) on September 5, 2023 @ 5:00pm
- **Lotus Center**
  - Summer Nutrition Seminar, Tuesday, August 8, 2023 @ 7:00 pm  
\$30 [Register here](#).
  - Join local chef, Helena del Pesco for a hands-on workshop: Saukraut & Pickles: Fermentation Made Easy & Delicious, Saturday, August 26, 2023 @ 1:00pm  
\$65 (sliding scale) [Register here](#).

**The next meeting is open to the public and will be held virtually on Tuesday, July 25 @ 2:00 – 3:30pm.**

Video call link: <https://meet.google.com/mxe-bqmy-hbd>



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### **Attachment: Resource Lists**

#### **Task Force Resource List**

- [Unite Us](#) (referral and care coordination system)
- [Cecil County Government's Community Services and Resource Directory](#)
- [Cecil County Walking Trails](#)
- [Cecil County Diabetes Brochure](#) (Spanish version now available)
- [Cecil Senior S.O.L.A.R. SYSTEM](#) (fitness classes for 55+)
- [Lifeology Educational Resources](#)
- [Healthy Lifestyle Assistance Program \(HLAP\)](#) (offers transportation and trial memberships for fitness resources)
- [Find Food](#) (MD food bank)

#### **Transportation Resource List**

- **ChristianaCare** is launching a transportation program for their patients. Refer a patient to ask their provider about available resources.
- **West Cecil Health Center** has had a transportation program for patients depending on funds available. Refer a patient to ask their provider about available resources.
- **Medicaid HealthChoice MCOs** have some transportation for beneficiaries
  - [Aetna Better Health](#) (1-866-827-2710 (TTY: 711).
- [Cecil Transit](#) (410-996-5295, Option #2.)
  - Bus Routes
  - Taxi Vouchers - ON HOLD
  - On Demand Response
- [Medical Transportation](#) ( (410) 996-5171 )
- [Healthy Lifestyles Assistance Program - Transportation](#) (410-996-5168)
- [Getting There Ride Share](#) (410) 836-3005
- <https://cecilcountyhealth.findhelp.com/> has many transportation resources listed.